

"We have a Winner"

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Issue 2010-2

September 2010

Summer Food Service Program - Making it a Success

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If you know of a
nutrition-related or
Food Service success
story, please click
[here](#).

During the school year, Decatur Township feeds breakfast and lunch to thousands of students. With free and reduced numbers steadily increasing, the question becomes what happens when school lets out? How will these children be able to have access to nutritious meals over the summer?

Since 2005 Decatur Township has filled this need by participating in the Summer Food Service Program. The number of families who qualify for free and reduced



meals during the school year has increased by 13 percent in the last 5 years, going from 46 percent to 59 percent. The Decatur summer program has also more than doubled in the last five years. These numbers speak for themselves. The need is serious and unrelenting. At nine sites, over 18,000 lunches were served in summer 2005. In 2009 that number increased to almost 50,000 lunches served at fifteen sites.

Lack of nutrition has consequences that reach far beyond the summer months.



Children who suffer from a lack of nutrition may be setting themselves up for poor performance once school begins. Hunger also makes children more prone to illness, health issues and behavioral problems. The summer program is designed

to fill that gap and give children access to the meals they need.

The ongoing goal is to provide meals that are comparable to those served at breakfast and lunch during the school year. From one of their 20 scheduled sites for the 2010 summer, Decatur will be offering a wide variety of nutritious options for the kids, including a wide variety of fresh fruits.

Districts not currently offering Summer Feeding should start planning now. The benefits are extensive; assisting the children in the community and the employees of the food service department as well. It's a win/win program for everybody.

Submitted by Angela Simmons, Child Nutrition Specialist, MSD Decatur Township Schools. For more information, contact Angela [here](#).



Warrick County Schools: Accommodating Special Dietary Needs

Noticing that food allergies and special dietary needs are on the rise, a team of professionals from the Warrick County School Corporation created the Warrick County School Corporation Special Diets Committee in August 2009. The committee consists of Shenae Rowe, Food and Nutrition Director (and a registered dietitian), a cafeteria manager, a nurse from the community, and five parents who deal with allergy and special diet restrictions at home with their children (severe food allergies, autism, celiac sprue, etc...). The committee has been meeting to develop a better way of managing food allergies and special diet requests in our cafeterias.

Prior to the committee, they did not have a standard way to deal with special dietary

needs. Each school and cafeteria was handling it their own way. Now, the entire school corporation has standardized forms for anyone requiring any special diets that must be completed by a physician and turned into the school nurse and cafeteria. The committee has also developed a 2 week cycle menu for those students that require a Gluten Free or Gluten/Casein Free diet and is also in the process of developing a soy and soy/milk free cycle menu.

The Food and Nutrition Department had a manager's meeting and invited two parents to discuss what the special diets mean to them and their children. One family suffers from multiple food allergies and the other is the parent of an autistic child. Having the parents discuss the importance of diet

to their children really helped open up the minds of the cafeteria managers. They now look at this as more of something they want to do for the students rather than an inconvenience. "Each cafeteria has one employee that is designated to prepare all special diet foods, and I feel that when they see the smile on the student's faces, it is all worth it," said Shenae Rowe, Food and Nutrition Director. For more information, contact Shenae [here](#).

"I think you have done an incredible job creating the meals and I have very much enjoyed being a part of the group. Thank you for including us!"

- Parent of a peanut and wheat allergy student

Kicking Off ISTEP Week with a "Warm Welcome"

On March 1, 2010, Penn-Harris-Madison School Corporation's Elm Road Elementary School kicked off ISTEP week with a "Warm Welcome" for all the students. The "Warm Welcome" program was funded using a \$200.00 prize won by Jennifer Goins, the Food Service Manager at Elm Road Elementary. She won the prize for a proposal she submitted to the Dairy and Nutrition Council's "Without Breakfast You're Not All There" contest.

That day, the principal, food service staff, and several school staff members dressed up in the school colors – green and yellow. The principal started the day by greeting students coming in, wishing them a "warm welcome" to ISTEP week.

Food service staff prepared milk steamers to be delivered to every classroom. Once the bell rang, food service staff and several teachers went from room to room delivering vanilla and chocolate steamers and explaining the importance of breakfast to get the brain ready for testing. Students were also invited to come to the cafeteria every day that week for a special menu of protein rich foods.

Breakfast participation increased 30 percent during that week and has remained at an increased amount since. For more information, contact Jill Riggs, Penn-Harris-Madison Schools' Food Service Director, [here](#).



Duneland Elementary School Fuels Up to Play 60



Duneland School Corporation's Bailly Elementary School was recently awarded top honors among Indiana

National Football League (NFL). A Fitness Team from the Colts held a fitness camp with the school's

schools through the "Fuel Up to Play 60" program, sponsored by the National Dairy Council and the

kindergarten through fourth grade students. Normally, the Fitness Team does not travel more than 60 miles out of Indianapolis, but they thought the school did such an outstanding job of promoting exercise and healthy eating that they made an exception and traveled over 160 miles to Chesterton, Indiana. Bailly's Kitchen Manager, Lisa Ozimek, and the School Nurse, Marian Danko, were the key people in making this program a success.

For more information, contact Kay Nallenweg, Director of Food Services at Duneland School Corporation, [here](#).

Senator Richard G. Lugar School Food Service Employee of the Year

Senator Richard G. Lugar in partnership with Indiana Farm Bureau and the Indiana Department of Education's Office of School and Community Nutrition formally recognized this year's School Food Service Employee of the Year on Saturday May 15, 2010 at the Indiana School Nutrition Association's spring meeting. This annual award recognizes school food service employees who contribute significantly to the health and learning capabilities of our students.



Congratulations to Cherie Ford, this year's award winner from LaSalle Intermediate Academy, South Bend Community School Corporation. Nominated by several administrators, Cherie has a reputation for her out-

standing customer service, attitude and professionalism.

"Food service employees across the state have a direct impact on what is happening inside the classroom by keeping our students healthy and fed," Superintendent of Public Instruction Dr. Tony Bennett said. "I congratulate Cherie and her colleagues around the state for their efforts to keep students focused and ready to learn."



Cherie Ford with Senator Lugar

Our nominations for 2011 will begin later in the fall. For more information on how you can nominate a school food service employee for the 2011 Senator Richard G. Lugar School Food Service Employee of the Year Award, please visit http://www.doe.in.gov/food/lugar_award.html

Director's Corner

WE HAVE A WINNER!

First, thank you to everyone who submitted an entry in our "Name the Newsletter" Contest! We very much appreciate your entry and you taking the time to help us out. We received a ton of suggestions, narrowed it down to about ten great choices and finally our panel of experts (three of us over grapes in the break room) picked a winner.

Drum roll please And the winner is: *"Indiana Nutrition Newsletter; Keeping Schools 'IN' The Know"* submitted by our friends at Center Grove High School.

Hopefully, you will remember that there was a catch. Thanks again to a suggestion from one of our "food service director friends", I will be making a visit in the next few weeks to work for a day in the Center Grove High School Cafeteria. If you know Jennifer McFarland, Center Grove Director of Food & Nutrition Services, tell her to put me to work, don't take it easy on me!

I will let you all know how my day went in our next edition, stay tuned. As always please feel free to contact me via email at khatcher@doe.in.gov

Wishing you a great start to the new school year,
-Kent Hatcher, Director
Office of School and Community Nutrition

Meet Our Staff



Marcia Yureczyk, School Nutrition Specialist, joined the School and Community team in October, 2009, after being a stay-at-home mom for 17 years! Having graduated from Oklahoma State University (Go Cowboys!) with both bachelor's and master's degrees in Food, Nutrition and Institution Administration, Marcia began her career working for the Dairy Council in both Tulsa and Oklahoma City and also served as the Nutrition Education Specialist for the Oklahoma State Department of Education. After meeting her future husband, she worked for 4 years as the Food Service Director for the Northfield Public Schools in Minnesota.

She and her husband, Randy, live in rural Zionsville on six acres and have two teenage daughters, Alana and Sophie. She enjoys gardening, cooking, and helping take care of the family pets: two mini-loped eared rabbits, a 10 year old Shih Tzu named Molly and a new Australian Shepherd puppy named Shasta. Feel free to contact Marcia at myurczyk@doe.in.gov.

To hear the calendar as a narrative, click [here](#)

CALENDAR OF SCHOOL NUTRITION PROGRAM REQUIREMENTS

ITEM or PROCESS	DUE DATE	SUBMIT TO DOE	RETAIN IN FILE
FDP re-certify for new program year	August	✓ on line	
Production Records	Daily		✓
Claim for Reimbursement (CNPweb) Cannot be paid if submitted more than 60 calendar days following the end of claim month	10 th of each month	✓ on line	
Annual Financial Report (CNPweb) For previous program year	September 1	✓ on line	The AFR can be found under Program Year 2010.
Civil Rights Training	Annually		✓
* Verification Process started	October 1		✓
* Direct Verification	October 1		✓

For helpful resources on the AFR, look under the resource tab in the CNPweb located at the top left of the screen.

Try This!

Oatmeal Apple Cranberry Scone

Ingredients:

2 cups flour
1 cup oats
1/3 cup granulated sugar
2 tsp baking powder
1/2 tsp each of baking soda, salt, cinnamon
1/2 cup applesauce (salt free)
2 Tbsp margarine
1/2 cup cranberries, sliced
1/2 cup apples, chopped
1/4 cup milk (skim preferably)
1/4 cup honey

Preheat oven to 425°F. Spray a baking sheet with nonstick cooking spray. In a large bowl, combine flour, oats, sugar, baking powder, salt, baking soda, and cinnamon. Add applesauce and margarine. Cut in with pastry blender or fork, until mixture resembles course crumbs. Stir in cranberries and apples.

In a small bowl, combine milk and honey. Add to the flour mixture and stir until dough forms a ball.

Turn out dough onto well-floured surface, kneading 10-12 times. Pat dough into 8-inch circle. Place on prepared baking sheet. Use tip of knife to score dough into 12 wedges.

Bake 12-15 minutes, or until lightly browned. Immediately remove from baking sheet. Cool on a wire rack 10 minutes. Serve warm or cool completely.

Yields 12 servings.

Submitted by: Angie Bergren, Bakery Manager for Fort Wayne Community Schools

To send your own unique, seasonal, or special diet recipe, click [here](#)

Orange Muffins

Ingredients:

4 c all purpose flour
3/4 c white sugar
1/4 c brown sugar
2 tbsp baking powder
1 tsp salt
1 tbsp cinnamon
2 tbsp orange zest (optional)
3/4 c orange juice concentrate
1 c orange juice
1/2 c oil
2 eggs
1 tbsp vanilla extract

Preheat oven to 350 degrees. Grease 24 muffin cups or line with baking cups.

In a medium bowl, combine flour, sugar, baking powder, salt and cinnamon; mix well. In bowl of mixer fitted with the paddle beater, combine orange juice concentrate, orange juice, oil, egg, vanilla and orange zest; blend well. Add dry ingredients to wet ingredients all at once; mix until dry ingredients are moistened. Batter will be lumpy.

Using a # 16 scoop, fill muffin cups. Bake for 12 to 15 minutes or until toothpick inserted in the center comes out clean. Cool before removing from pan.

Yield: 24 muffins

Submitted by: Angela Simmons, Child Nutrition Specialist, MSD Decatur Township

Food Distribution Notes

For more information, contact John Moreland at jmorelan@doe.in.gov

During the 2010 school year, there were approximately 340,000 cases of boxed commodities delivered to Indiana schools and 23 million pounds of raw commodities diverted to processors on behalf of Recipient Agencies. Each year Recipient Agencies are asked

to recertify their Food Distribution Summary Page and make any revisions to their Food Distribution contact information if needed. In order to assist you with the recertification process and provide a general overview of how the CNPweb system works, we have posted a slide

show tutorial on our Food Distribution web page at <http://www.doe.in.gov/food/distribution/welcome.html> look for the title 2010 Food Distribution Start-up Slide Show Tutorial under the section marked on-line instruction.



Team Nutrition Notes

Healthy Hoosier School Award Recipients

In its sixth year, the Indiana Action for Healthy Kids *Healthy Hoosier School Award* recognized a record 110 schools across the state for improving physical activity and nutrition for students. These schools have found creative and collaborative ways to make positive changes and improvements with school

health services, nutrition and physical activity/physical education policies, parent and community involvement, and school staff wellness. To view a list of this year's winners, click [here](#).

Join the Team Nutrition Listserv

To join the Team Nutrition Listserv, click [here](#).



Memos and Technical Assistance

Memos (http://www.doe.in.gov/food/schoolnutrition/usda_policies.html)

Code	Date	Title
SP 25-2010	05/03/2010	Questions and Answers on Extending Categorical Eligibility to Additional Children in a Household

Technical Assistance (http://www.doe.in.gov/food/schoolnutrition/usda_memos.html)

Code	Date	Title
TA 07-2010	06/03/2010	Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements
TA 06-2010	05/28/2010	Notification that Best Express Food Inc., Distributed Unauthorized Child Nutrition (CN) Labeled Products

School and Community Nutrition's New Online Training

The new online training website provides all School and Community Nutrition online training in one easily navigated location. All resources are listed by program type and further categorized by topic. If you do not see a training topic that would be valuable to you or your staff, please notify us by clicking on Submit a Training Suggestion at the top of the website.

Our newest online training topics include:

Food Safety and HACCP 101
2011 FDP Start Up Tutorial
SNP Sponsor Information Sheet
Special Dietary Needs: An Overview
And More....

Check out our new online training by visiting:
<http://www.doe.in.gov/food/training.html>

New [Online Training](#)

NEW Online Courses from NFSMI...Register today at www.nfsmi.org

NFSMI's online training is **FREE** and registration is **EASY**. Courses may be used to fulfill CEUs, certification, and other credentialing requirements. Here are some examples of the online courses they are offering:

- Serving it Safe
- Food Production Records
- Standardized Recipes

To view a complete list of online courses offered by NFSMI, visit the **COURSE CATALOG** at <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cELEPTM=>

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Office of School and Community Nutrition.

<http://www.doe.in.gov/food/>



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-Dr. Tony Bennett, State Superintendent of Public Instruction.